

HOW DOES CBD HELP WITH MUSCLE OR ARTHRITIC PAIN?



You're not the only person looking for a safer pain reliever in CBD. It's being used not only for pain, but for insomnia, anxiety and even muscle recovery after exercise. CBD, short for cannabidiol, is undergoing a surge in popularity as the hot new supplement, with a promise to treat a variety of conditions including pain, anxiety, and insomnia, just to name a few. It's also available in all manner of forms, from lotions and oils to CBD-infused food and drink.

1. WHAT DOES THE RESEARCH SAY?



While there aren't any published clinical trials on CBD in pain, one researcher at the University of Michigan notes that ongoing preclinical studies in animals have demonstrated that CBD reduces pain and inflammation, and studies of CBD in humans show that it is well-tolerated and has few negative side effects.

"There are also observational studies that ask why people use CBD and if it's effective, and results tend to be quite positive. People report using CBD for anxiety, pain, sleep – all things that go hand-in-hand with chronic pain," he says.

2. WHAT'S THE HISTORY OF CBD WITH PAIN RELIEF?

CBD is one of the compounds in the cannabis plant, better known as marijuana. Marijuana has been used as a medicinal plant for thousands of years. one of the first recorded uses of cannabis was for rheumatism, also known as arthritis. **Cannabis products were widely used as medicines in the 19th and early 20th centuries, and were listed in the U.S. Pharmacopoeia before the onset of Federal restriction in 1937 under the Marijuana Tax Act.** THC is the more commonly known cannabinoid extracted from the plant. Today's CBD is legal because it has less than .3 percent of TCH in compliance with the 2018 Farm Bill.

3. WHAT ABOUT CBD AND ARTHRITIS PAIN RELIEF?

A survey of 2,600 people with arthritis found that 29% currently use CBD to treat arthritis symptoms. [Read](#) how our founder discovered relief for his arthritis.

4. IS ALL CBD THE SAME?

Like vitamins and other supplements, CBD products aren't regulated or FDA approved to treat disease, so buyer beware. Look for products that have been tested by an independent third party lab. Purchase from reputable sources. For example, The Lotion Company uses organically grown hemp from the Netherlands or the US which is tested by an independent third party.

5. HOW DO I USE IT?

If you're using an oil or caplet, start low, go slow. Take a small amount and slowly increase your dosage until you start to get symptom relief over a matter of weeks. Track your symptoms to get a sense of whether or not CBD is a helpful part of your treatment plan. With our [TLC Lotion and TLCCaps](#), people use the same advice. Start low and apply as needed.

